

Goal: of the Sheffield Senior Center is to facilitate seniors' abilities to enjoy a high quality of life.

Mission Statement is to provide life-enriching activities, relevant information on issues that affect them, and assist them in obtaining services to their well-being

Sheffield Senior Crier

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ø NO MATTER HOW LONG THE WINTER, SPRING IS SURE TO FOLLOW.ö
Proverb

*News from the Sheffield Senior Center, 25 Cook Road
(Published in part with funding from Executive Office of Elder Affairs)*

Hours: Mon-Fri 9AM-2:30PM Jennifer Goewey, Executive Director Telephone 229-7037

Sheffield Senior Crier is regularly posted on the town website (www.sheffieldma.gov)

Weekly updates of activities can be found in the Senior Bulletin Board section of the Monday edition of the Berkshire Eagle.

!!Welcome to our New Director!!



The Sheffield Council on Aging is pleased to announce that Jennifer Goewey has joined our staff as the new Executive Director of the Council on Aging. Jenn is not new to the town. She is longtime resident of Sheffield- just recently moving to the nearby town of Southfield.

Jenn has 6 years municipal experience in several towns throughout Berkshire County including serving as Assistant to the Town Administrator in Sheffield.

Jenn is currently enrolled at Berkshire Community College as second year Social Work-Transfer Student. ōI have a special interest in available resources and advocacy.ö Other education includes several years training toward certification in municipal finance through the Massachusetts Collector and Treasurer Association and the Massachusetts Auditors and Accountants Association.

Jenn has extensive experience in volunteering as she has served as PTO President, School Council Member, Great Barrington Cooperative Preschool Board Member, Finance Committee Member and served as Treasurer for the Berkshire County Treasurer Collector Association.

Jenn is the mother of two children, Emma and Isiah ages 10 & 12 ōwho are the light of my life. Most of my time is spent enjoying my children who keep me on my toes and studying. In my free time I like to read, meditate, take short hikes, swim, and mostly spend time with my friends simply enjoying each other's company.ö

We are so excited to have Jenn joining us. We will have a Meet the New Director event on Saturday March 7th 3-5PM Followed by a music program with MaryAnn Palerimo. Please come join us in welcoming Jenn.

Exercise is GREAT for your Health. We offer many classes to meet you are your fitness level.

- **Exercise with Sandy French Tues and Thurs @ 9AM is a nice workout with some aerobic and strength training. This class can be modified for all levels.**
- **Sit to be Fit on Tuesday @10:15 is perfect for anyone but especially those who want to gain or maintain muscle strength without the worry of balance.**
- **Our NEW Men's program on Fridays at 10AM is growing in popularity, Mike Moro is the trainer and he meets each individual where they are and builds from there. This class focuses on your core strength.**
- **Chair Yoga on Wednesdays @3:30PM and QiGong on Fridays @ 3PM**
- **BRAND NEW – Keep Moving Walking Club – We will gather at the Community Entrance of Mt Everett @3:30PM Tues-Thurs. Your walking leaders will be Patricia Hardisty and Nadine Hawver. Bring comfortable shoes and a bottle of water. Pedometers will be provided to those who wish to keep track of your steps – rule of thumb is 10,000 steps a day keeps the average adult healthy and active.**

Foot Nurse – Jane Kelley will be with us on March 2nd for the care of your feet. Please call the office to schedule your appointment. This is a self-pay program \$34 per person.

Meet the New Director ó Saturday March 7th @ 3-5PM

Music with MaryAnne Palerimo

Blood Pressure Clinic – March 12th – 9:30AM – 11AM

LEO ó Letø Eat Out ó March 12th @ 5:30 we will going to The East in Great Barrington.

3rd Thursday Lunches ó March 19th Pot Luck ó Darlene Duchamie from Geer will be here to tell us about services at Geer. Please give the office a call at 229-7037 to reserve your spot at the table.

Men's Breakfast ó Monday March 30th. Come join us for breakfast and conversation. 229-7037.

Exciting Senior Center News:

We recently received notification that Massachusetts Association of Councils on Aging (MCOA) has awarded the Sheffield Council on Aging a small grant of \$600 to help support our Keep Moving Program. This grant will help support the Walking Club and Menø Exercise Class.

Other News:

SPECIAL TOWN ELECTION - The center will be closed on Monday March 16th for a Special Town Election. This Election is for the Debt Exclusion on the Roof/Boiler Project at the Campus of Mt Everett and Undermountain Elementary. Please come out and VOTE.

FUNDRAISER: On Saturday March 28th the Sheffield American Legion will be hosting a Roast Pork dinner @6PM Followed by the music of Jan Scruggs and Willie Nininger. Cost is \$15 for a wonderful evening of great food and music. This is a fund raiser for the Legion please come out and support.

YOGA NEWS: Senta Reis our Yoga instructor has created a FACEBOOK page for her yoga work called Sentayoga (one word) òPlease let folks know all they have to do is just òlikeö the page and they will have easy access to info re class cancellations, new class offerings and interesting info. For instance I just posted a 40 minute Chair Yoga video that folks can view in lieu of a live class- i.e. during the week you are closed. I am excited about this new free way to communicate about yoga.ö

Mark Your Calendar – April 17th The Friends of the Sheffield Senior Center will host an **Antique Appraisal Night**. Several local dealers will be on hand to give you an evaluation. Cost is \$5 for 2 items, and \$5 for each additional item. Event will run from 7PM-9PM. Please call the center with what you are bringing so we have the right expert to give a value. All proceeds go to support programs at the Sheffield Senior Center.

Senior Moments

"My memory is so bad that I could plan my own surprise party."

March 2015

S u	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	2 9-12 Foot Clinic 10-12 Mahjongg 11:30 Spanish 1PM Art Class/Painting with Acrylics	3 9 Exercise Class 10:15 Sit to Be fit 11 Knit & Stitch 11:30 Movie 11:30 Friends Meeting 12:30 Cribbage 3:30 WALKING CLUB	4 11:30 Spanish 12 Canasta 3:30 Chair Yoga 3:30 WALKING CLUB	5 9 Exercise Class 10 Bridge 3:30 WALKING CLUB	6 9-10 Coffee & Conversation 10 Mens Exersice 11:30 Spanish 3PM QiGong	7
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2 2	23 10-12 Mahjongg 11:30 Spanish 1 PM Art . Painting w/ Acrylics	24 9 Exercise Class 10:15 Sit to Be fit 11 Knit & Stitch 11:30 Movie 12:30 Cribbage 3:30 WALKING CLUB	25 9:30 Toddler Program 11:30 Spanish 12 Canasta 3:30 Chair Yoga 3:30 WALKING CLUB	26 9 Exercise Class 10 Bridge 3:30 WALKING CLUB	27 9-10 Coffee & Conversation 10 Mens Exercise 11:30 Spanish 3PM Qi Gong	28 Legion Dinner & Music 6PM
2 9	30 9 Mens Breakfast 10-12 Mahjongg 11:30 Spanish 1PM Art . Painting/w Acrylics	31 9 Exercise Class 10:15 Sit to Be fit 11 Knit & Stitch 11:30 Movie 12:30 Cribbage 3:30 WALKING				